

GREATER EVANSVILLE HEALTH SURVEY

2021 EDITION

EXECUTIVE SUMMARY



GREATER EVANSVILLE HEALTH SURVEY EXECUTIVE SUMMARY

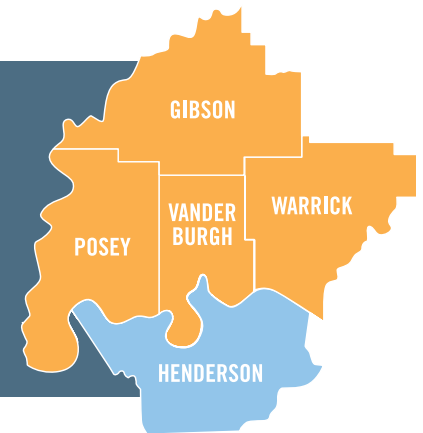
OVERVIEW

COMPLETE REPORT AVAILABLE AT WELBORNFNDN.ORG/GEHS

- The Greater Evansville Health Survey (GEHS) is a comprehensive, large scale mail survey of the region's health to understand the prevalence of chronic disease and health-related controllable risk factors.
- The survey includes a sample of adults from Vanderburgh, Posey, Gibson, and Warrick Counties in Indiana, and Henderson County, Kentucky.
- Between February and March 2020, 3,880 adults completed the survey. Health data were also collected on 629 children.
- Regional findings provide valuable insight into the broader health condition in the area, but when it comes to designing strategies, local needs, contexts, and voices should always be taken into consideration.
- This 2021 Greater Evansville Health Survey is a slightly different configuration of the Foundation's 2015 Tri-State Health Survey, so the two are not directly comparable.

WHY HEALTH MATTERS

Physical and mental health contribute to overall quality of life throughout the life span. When people lead healthy lifestyles, live in environments designed to support healthy choices, and have easy and equitable access to what they need to be healthy – good health is more easily achieved. However, there are many in our region who have difficulty attaining and maintaining good health. Issues of low income, inadequate access, personal choice, and unhealthy home environments can all be barriers. This survey helps tell the story of the Greater Evansville region's overall health status, areas of concern and signs of health.



THE OVERALL HEALTH OF THE REGION HAS ROOM FOR IMPROVEMENT

4.1

NUMBER OF DAYS IN THE LAST MONTH THAT RESIDENTS' PHYSICAL HEALTH WAS "NOT GOOD"

5.4

NUMBER OF DAYS IN THE LAST MONTH THAT RESIDENTS' MENTAL HEALTH WAS "NOT GOOD"

18%

OF THE REGION AND THE NATION SAY THEIR OVERALL HEALTH IS FAIR OR POOR

46%

OF THE REGION'S ADULTS SAY THEIR OVERALL HEALTH IS EXCELLENT OR VERY GOOD, COMPARED TO 51% OF THE NATION



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MENTAL HEALTH, WEIGHT, AND ALCOHOL USE CONTINUE TO BE AREAS OF CONCERN

Mental Health

- 22%, or nearly 1 in 4 adults in the region have anxiety.
- 20%, or 1 in 5 adults have depression.

Weight

- 35%, or more than 1 in 3 adults in the region is obese compared to the nation (32%).
- Residents who are obese are 2 to 4 times more likely to have high cholesterol, high blood pressure, heart disease and/or diabetes.
- 28%, more than 1 in 4 of the region's children aged 2 – 17 are either overweight or obese.

Alcohol Use

- 29%, more than 1 in 4 residents binge drink compared to the nation (17%).

FEWER ADULTS ARE SMOKING, COMPARED TO THE NATION, AND MOST ARE ACTIVE AND RECEIVING ROUTINE MEDICAL CARE

Smoking

- 16% of adults in the U.S. currently smoke, as do 12% of adults in the region.

Physical Activity

- 84% of adults engage in some type of physical activity and nearly half (49%) meet recommended weekly activity guidelines for good health. 79% of adults 65 and older are still physically active.

Routine Medical Care

- 80% of adults in the region had a general physical exam in the past year, still slightly better than the nation (78%).

HOUSEHOLD INCOME IS AN IMPORTANT DRIVER OF HEALTH

Residents with low household income are less likely to access nutritious foods and beverages.

- Low-income residents are 3 times more likely to be unable to purchase fresh produce (34%) than residents with higher incomes (10%).
- Residents who are unable to purchase fresh produce are more likely to consume sugary foods and beverages - on average 16 times a week, compared to 10 times a week for those who report no barriers.
- Low-income residents are more than twice as likely to have diabetes (13%) as those earning higher incomes (6%).

Residents with low household income are more likely to report chronic diseases but less likely to obtain care they need.

- Over one-third (36%) of low-income residents have arthritis, compared to 16% of residents with higher incomes.
- 26% of residents with low-income report depression, compared to 15% of residents with higher incomes.
- 52% of low-income residents delayed medical care in the past year, compared to 30% of residents with higher incomes.

HEALTH AND HOME QUALITY ARE RELATED

Residents with homes of poor quality are more likely to report health concerns.

- 27% of residents with heating and air issues have asthma, compared to 7% of residents without.
- 14% of residents with mold or mildew in their homes have asthma, compared to 8% of residents without.

Renters are more likely to report housing problems that could contribute to poor health.

- 7% of renters say the condition of their home affects the health of someone in their household, compared to 2% of homeowners.
- 25% of renters have inadequate insulation in their homes, compared to 14% of homeowners.
- 21% of renters have rodents or insects in their homes, compared to 8% of homeowners.

